

December 2013 – SRPMIC Diabetes Program Group Exercise Classes  
Salt River Fitness Center & Salt River High School

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div><u>11:05am-11:50am</u> Zumba® w/Annie <u>12:05pm-12:50pm</u> Step &amp; Pump w/Michelle</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Circuit Training w/Michelle</div> <div> <u>5:30pm – 6:30pm</u> Zumba® w/Robin <u>6:30pm – 7:30pm</u> Senior Dance Class 55+ w/Roberta J.</div>	<div>3</div> <div><u>6:15am – 7:00am</u> Spinning® w/Rachel <u>9:30am – 10:00am</u> Youth Service – Mousercise</div> <div> <u>11:00AM-2:00PM</u> <b>SR FITNESS CENTER CLOSED</b> *Employee Holiday Luncheon*</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Cardio Kickboxing w/Rachel</div> <div> <u>5:30pm – 6:30pm</u> Spinning® w/Michelle <u>6:30pm – 7:30 pm</u> Boxing w/Nevelle <i>*Bring your own hand wraps &amp; gloves</i></div>	<div>4</div> <div><u>11:05am – 11:50am</u> Spinning w/Beverly <u>12:05pm – 12:50pm</u> HIT w/Michelle (High Intensity Training) <u>5:30pm-6:30pm</u> Zumba® w/Rachel</div> <div></div>	<div>5</div> <div><u>6:15am – 7:00am</u> Spinning® w/Beverly <u>9:30am – 10:00am</u> Youth Service – Mousercise <u>12:05am – 12:50am</u> Zumba® w/Robin</div> <div> Salt River High <u>3:30pm – 4:15pm</u> TABATA w/Rachel</div> <div> <u>5:30pm – 6:30pm</u> <b>NO CLASS</b></div>	<div>6</div> <div><u>11:05am-11:50am</u> Kettlebell Class w/Dion <u>12:05pm-12:50pm</u> Spinning® w/Michelle <u>5:30pm-6:30pm</u> Zumba® &amp; Sculpt w/Rachel</div> <div></div>
<div>9</div> <div><u>11:05am-11:50am</u> Zumba® w/Annie <u>12:05pm-12:50pm</u> Step &amp; Pump w/Michelle</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Circuit Training w/Michelle</div> <div> <u>5:30pm – 6:30pm</u> Zumba® w/Rachel <u>6:30pm – 7:30pm</u> Senior Dance Class 55+ w/Roberta J.</div>	<div>10</div> <div><u>6:15am-7:00am</u> Spinning® w/Rachel <u>9:30am – 10:00am</u> Youth Service – Mousercise <u>11:05am – 11:50 am</u> Yoga w/Rachael <b>Conscious Community Yoga</b></div> <div> <u>12:05am – 12:50am</u> Total Body Conditioning w/Dion</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Zumba® w/Rachel</div> <div> <u>5:30pm – 6:30pm</u> Spinning® w/Michelle <u>6:30pm – 7:30 pm</u> Boxing w/Nevelle <i>*Bring your own hand wraps &amp; gloves</i></div>	<div>11</div> <div><u>11:05am – 11:50am</u> Spinning w/Beverly <u>12:05pm – 12:50pm</u> HIT w/Michelle (High Intensity Training) <u>5:30pm-6:30pm</u> Zumba® w/Rachel</div> <div></div>	<div>12</div> <div><u>6:15am – 7:00am</u> Spinning® w/Beverly <u>9:30am – 10:00am</u> Youth Service – Mousercise</div> <div> <u>11:30am – 1:00pm</u> <b>Zumba® Red &amp; Green Party! w/Robin &amp; Rachel</b> Aerobics Room</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Step &amp; Pump w/Rachel</div> <div> <u>5:30pm – 6:30pm</u> HIT w/Michelle (High Intensity Training)</div>	<div>13</div> <div><u>11:05am-11:50am</u> Kettlebell Class w/Dion <u>12:05pm-12:50pm</u> Spinning® w/Michelle <u>5:30pm-6:30pm</u> Zumba Tone® w/Robin</div> <div></div>
<div>16</div> <div><u>11:05am-11:50am</u> Zumba® w/Annie <u>12:05pm-12:50pm</u> Step &amp; Pump w/Michelle</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Circuit Training w/Michelle</div> <div> <u>5:30pm – 6:30pm</u> <b>NO CLASS</b> <u>6:30pm – 7:30pm</u> Senior Dance Class 55+ w/Roberta J.</div>	<div>17</div> <div><u>6:15am-7:00am</u> Spinning® w/Rachel <u>9:30am – 10:00am</u> <b>NO CLASS</b> <u>11:05am – 11:50 am</u> Yoga <b>Conscious Community Yoga</b></div> <div> <u>12:05am – 12:50am</u> Total Body Conditioning w/Dion</div> <div> Salt River High <u>3:30pm – 4:15pm</u> <b>NO CLASS</b></div> <div> <u>5:30pm – 6:30pm</u> Spinning® w/Michelle</div> <div> <u>6:30pm – 7:30 pm</u> <b>NO CLASS</b></div>	<div>18</div> <div><u>11:05am – 11:50am</u> <b>NO CLASS</b> <u>12:05pm – 12:50pm</u> HIT w/Michelle (High Intensity Training) <u>5:30pm-6:30pm</u> Zumba® w/Rachel</div> <div></div>	<div>19</div> <div><u>6:15am – 7:00am</u> Spinning® w/Beverly <u>9:30am – 10:00am</u> Youth Service – Mousercise <u>12:05am – 12:50am</u> Zumba® &amp; Sculpt w/Rachel</div> <div> Salt River High <u>3:30pm – 4:15pm</u> Abs &amp; Gluts w/Rachel</div> <div> <u>5:30pm – 6:30pm</u> HIT w/Michelle (High Intensity Training)</div>	<div>20</div> <div><u>11:05am-11:50am</u> Kettlebell Class w/Dion <u>12:05pm-12:50pm</u> Spinning® w/Michelle <u>5:30pm-6:30pm</u> Zumba® &amp; Sculpt w/Rachel</div> <div></div>
<div>23</div> <div><u>11:05am-11:50am</u> Zumba® &amp; Sculpt w/Rachel <u>12:05pm-12:50pm</u> Step &amp; Pump w/Michelle</div> <div> Salt River High <u>3:30pm – 4:15pm</u> <b>NO CLASS</b></div> <div> <u>5:30pm – 6:30pm</u> Zumba® w/Rachel <u>6:30pm – 7:30pm</u> <b>NO CLASS</b></div>	<div>24</div> <div><b>Salt River Fitness Center CLOSED</b></div> <div> <b>Christmas Eve</b></div> <div> <b>Tribal Office Holiday Observance Day</b></div>	<div>25</div> <div><b>Salt River Fitness Center CLOSED Christmas Day</b></div> <div></div>	<div>26</div> <div><u>6:15am – 7:00am</u> Spinning® w/Rachel <u>9:30am – 10:00am</u> <b>NO CLASS</b> <u>12:05am – 12:50am</u> Zumba® w/Rachel</div> <div> Salt River High <u>3:30pm – 4:15pm</u> <b>NO CLASS</b></div> <div> <u>5:30pm – 6:30pm</u> HIT w/Michelle (High Intensity Training)</div>	<div>27</div> <div><u>11:05am-11:50am</u> <b>NO CLASS</b> <u>12:05pm-12:50pm</u> Spinning® w/Michelle <u>5:30pm-6:30pm</u> Zumba® &amp; Sculpt w/Rachel</div>
<div>30</div> <div><u>11:05am-11:50am</u> Zumba® &amp; Sculpt w/Rachel <u>12:05pm-12:50pm</u> Step &amp; Pump w/Michelle</div> <div> Salt River High <u>3:30pm – 4:15pm</u> <b>NO CLASS</b></div> <div> <u>5:30pm – 6:30pm</u> Zumba® w/Rachel</div>	<div>31</div> <div><b>Fitness Center open</b></div> <div> <b>TODAY CLASSES ARE CANCELED TODAY</b></div>	<div>January 1</div> <div><b>Salt River Fitness Center CLOSED</b></div> <div> <b>New Year's Day 2014</b></div>	<div>January 2</div> <div><u>6:15am – 7:00am</u> Spinning® w/Beverly <u>9:30am – 10:00am</u> <b>NO CLASS</b> <u>12:05am – 12:50am</u> Zumba®</div> <div> Salt River High <u>3:30pm – 4:15pm</u> <b>NO CLASS</b></div> <div> <u>5:30pm – 6:30pm</u> HIT w/Michelle (High Intensity Training)</div>	<div>January 3</div> <div><u>11:05am-11:50am</u> <b>NO CLASS</b> <u>12:05pm-12:50pm</u> Spinning® w/Michelle <u>5:30pm-6:30pm</u> Zumba® &amp; Sculpt w/Rachel</div>

Salt River Fitness Center & Group Exercise classes are open to SRPMIC Community Members, SRPMIC Residents, SRPMIC Employee & Enterprise Employees.

**Class may be canceled, sub by another instructor or replaced with another type of class.**

## Class Description

**ABS AND GLUTES:** This class conditions your lower body and abdominals. Body bars, resistance bands, and weights may be used. All levels welcome.

**BOOTCAMP CIRCUIT:** Are you ready for a no nonsense workout? This class is for those who prefer little to no choreography, intense exercise variations and lots of calorie burning! Class will be set up with stations where participants will move from one station to another during the 45-60 minute class.

**BOXING:** **\*\*All participants please provide your own hand wraps and gloves\*\* MUST HAVE!!!\*\*** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing, Heavy Bag will be used plus offense and defense moves. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

**CARDIO KICKBOXING:** This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power

**CIRCUIT TRAINING:** This class offers a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance.

**HIT (High Intensity Training):** This class focuses on interval training by incorporating High intensity interval training (HIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard!

**KETTLEBELL TRAINING:** This class will focus on proper form and technique while teaching the fundamentals of Kettlebell training. In this class you will challenge both the muscular and cardiovascular systems with dynamic, total body movements, all the while making sure to adhere to proper form and technique. Kettlebell class can include circuits, high intensity interval training sessions, supporting movements and exercises and progressing to more challenging and advanced movements.

**SENIOR DANCE CLASS 55+:** Move and groove to the oldies, country and contemporize music set in a line dancing format.



**TABATA TRAINING:** Tabata training is a high intensity strength and cardiovascular training by which your body will be pushed to the edge. This class will utilize Tabata's to challenge your body in ways that will increase your aerobic capacity, anaerobic capacity and resting metabolic rate. • 4 minutes long • 20 seconds of intense training • 10 seconds of rest= total of 8 sessions or rounds

**TOTAL BODY CONDITIONING (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a **moderate to high intensity** class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 2-3 months of consistent workout session; 3 or more days a week of activities prior to taking the class.

**YOGA:** A mind and body experience that teaches new breathing techniques while working on strength, flexibility, and relaxation. Suitable for anyone interested in improving and maintaining flexibility and body shape, while relieving stress.

**YOUTH SERVICE EEP MOUSEXERCISE:** Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. **Please contact Youth Service for more information on their YS EEP program.**

**ZUMBA FITNESS®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.

**Zumba® & Sculpt:** With all the spice and flare of your regular Zumba class but adding a little more to the mix by infusing resistance training for upper, lower and core exercise to sculpt arms, glutes, legs and abdominal. A great overall body workout in 60 minutes!

**Zumba Tone®:** Bring a little more to your Zumba program with light weight for a total body sculpting class still with that high energy as your Zumba Fitness Class. You will sculpt your arms, legs and strength your core in this class. Take a step further! Join the Party!

**We have 8 bikes available. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. FIRST COM FIRST SERVES! NO RESERVING BIKE.**

**SPINNING®:** Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

